

A photograph of three young boys standing in front of a large white sign. The boys are wearing dark blue t-shirts with "HANOVER" printed in red. The boy on the left is sitting on the sign, the middle boy is holding the hand of the boy on the right, and the boy on the right is smiling. The sign behind them has "HANOVER" in large blue letters on a curved top and "PARKS & RECREATION" in blue letters below it. Inside the sign's frame, there are yellow and red letters that appear to be part of a larger message, including "TEE", "EXTREME", "5%", and "ILL".

# HANOVER

## PARKS & RECREATION

summer 2010

Letter from the Recreation Administrator  
We're Moving!!

On July 1<sup>st</sup> the Parks and Recreation Department is moving out of the Town Hall and into the new Hanover Recreation Center. The Rec Center will be located in the Grange Hall (formerly known as the Senior Center). Within the next few weeks the Council on Aging will be moving into their new building on Center Street and we will be taking up residence in their old building at 624 Circuit Street. We are all very excited about this move and the endless possibilities that await us. A special thank you goes out to the Board of Selectmen, the Parks and Recreation Committee and Robyn Mitton, the Senior Center Director during this transition period.

Marc Craig  
-Recreation Administrator



## Movies Under the Stars

at B. Everett Hall Field (Sylvester Field)

June 26<sup>th</sup> Disney/Pixar's Up  
(Hanover Day)

ON THE COVER Abbey Knoll Photography, located in Hanover, MA, is a full-service photography company founded in 2007 by award-winning photographer Maura Longueil to provide photography solutions for the South Shore. Specializing in family and sports portraiture, the consumer-friendly company has been featured in Kidding Around Magazine, NECN, and area Mariner newspapers. Ms. Longueil is also a contributing editor, whose column "Photo Secrets for the MammaraZZi," appears in local and regional publications. Maura teaches photography classes and workshops on the South Shore. If you would like more information about Abbey Knoll Photography, please call 508-212-4182 or email [mauralongueil@gmail.com](mailto:mauralongueil@gmail.com). [www.abbeyknollphotography.com](http://www.abbeyknollphotography.com)

Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)

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## **Parks & Recreation Committee**

April Manupelli- **Chairperson**,

Mike Tivnan- **Vice Chairperson**, Amy Perkins- **Secretary**,  
John Balzarini, Harry Dunn, Cathy Harder-Bernier, & Julianne McLaughlin

# 2010-2011 After School Program

“Enrichment for Everyone”

Hanover Parks and Recreation proudly presents a first of it's kind After School Program that offers enrichment programs at **no additional cost**. This program will be located at the Hanover Recreation Center at 624 Circuit Street. A school bus with Park and Rec staff onboard will pick your child up at school and transport them, **FREE OF CHARGE**, to the Recreation Center five days a week. Your child will then be able to have a true “Park and Rec” experience only previously available in the summer. Enrichment activities will take place on Tuesdays and range from Lego Robotics to Spanish to Basketball to Web Design all **COMPLETELY FREE!!!!** At the beginning of each month your child will get to choose what activity he/she would like to participate in from a list of 5 possible options. Staff will include 1 Program Director and 3 Counselors.

## The Park and Rec Perks

1. FREE transportation from Cedar or Center/Sylvester Schools
2. FREE enrichment programs once a week all year long!
3. FREE daily snack
4. Guaranteed acceptance to the 2011 Summer Park and Rec or Summer Teen Extreme
5. Field Trips to new and exciting places
6. Money Savings (works out to being only \$4.15 an hour)

<u>Cedar School</u>	<u>2:50-6:00</u>	<u>\$70 a week</u>
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<u>Center/Syvester Schools</u>	<u>3:20-6:00</u>	<u>\$60 a week</u>
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Register online at [hanover-ma.gov](http://hanover-ma.gov)

# Children Programs

## **Alumni Speed & Agility Camp-** Myrtle Field

For the second straight year, Ryan Shea, Matt Shea, and James Wheeler will host the Hanover Alumni Speed & Agility Camp. This Hanover Park and Recreation program is open to Hanover youth athletes who wish to improve their fitness and athletic performance prior to the fall sports season. We aim to improve your child's athletic performance by providing optimal speed and agility training. Training sessions will be broken down into 75 minute intense workout sessions. While the workouts have a background stemming from both football and soccer, the training will improve performance and technique for athletes who play basketball, lacrosse, hockey and baseball.

**Dates:** Session 1: June 28<sup>th</sup> - July 9<sup>th</sup> Session 2: July 12<sup>th</sup> – July 23<sup>rd</sup> **Price:** Session 1 or 2 **\$70** Both sessions **\$120** Both sessions run from 6:00pm-7:15 pm on Monday, Wednesday, and Friday.

\*\*\*Go to the Alumni Speed & Agility Camp's official website for full details including coach profiles, picture galleries and sign-up information!

**<http://www.wix.com/rshea8/alumni-speed--agility-camp-hanover>**



## **Baseball Clinic** – Ellis Field

We are excited to be offering an instructional baseball clinic again this year with an emphasis in the fundamental elements of the game. The main purpose of the camp is to provide basic skills in an age appropriate and fun environment. Participants put the skills learned in camp into action daily with a variety of unique drills. Players will be divided into groups based on age/skill level. This will be an exciting and action packed clinic with the important combination of learning and having fun. All ability levels are welcome – everyone gets a "Triple Play Baseball Clinic" t-shirt.

If necessary - rain out day will be Friday, July 2<sup>nd</sup> – no refunds

Please pre-register online early - Maximum campers will be 50 - Don't forget your glove. **Ages 9-12**

**Cost:** \$95

**Dates:** June 28 thru July 1 9:00am-12:00pm

## **TRIPLE THREAT BASKETBALL – Cedar, Middle, High School Gyms**

The Triple Threat Basketball clinic is designed for committed basketball players who want to improve. The main focus is developing individual and team fundamental skills to prepare players to succeed at the next level. Varsity Coaches, Assistant Coaches, and high school players will direct instruction. Players will learn what it takes to raise their game to the next level.

Each gym has a limit of 48 players. Our goal is to have 24 motivated players from each grade (12 from each town). There will be drill stations, half court games, and full court games at each session. This is a great opportunity to learn the fundamentals of the game with other players your age.

***Postmarks and on-line registrations will determine the order of placement. Others will be added to a waiting list in case of a cancellation.***

The two directors are varsity coaches and high school teachers with many years experience working with children. Each director understands the importance of developing “life skills” through basketball. Players can benefit from the knowledge and experience of the veteran staff.

Varsity players will assist with the instruction. These role models are paying the price NOW to be the best and reach their potential as STUDENT-athletes. They are committed to basketball and want to give back to the younger players. Many of these players will go on to be league champions, all-league players, and for some college STUDENT-athletes. The goal of the Triple Threat basketball clinics is to teach players the fundamentals of the game and help each player reach his potential as student-athlete and a person.

**Cedar School**

**entering grades 4 & 5**

**Hanover High School**

**entering grades 6 & 7**

**Hanover Middle School**

**entering grades 8 & 9**

**Dates:**

June 28<sup>st</sup> – July 2<sup>nd</sup> (Session 1)

or

August 2<sup>nd</sup>- August 6<sup>th</sup> (Session 2)

**Times**

**8:30 – 12:30**

**Cost:**

**\$175**



Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)

### **Dance for Fun Clinic –Boys Club**

This clinic is for boys and girls ages 3 & up. Participants will be taught tumbling stunts, jazz dance, and isolation movements. Children will also learn a combination of jazz, ballet, tap, and acrobatic techniques. Also we will play games such as musical chairs, lipsync, etc. There will be a fun show at the end of the week for parents to attend July 26<sup>th</sup>- 30<sup>th</sup>

**Ages 3-5 9:00-10:00 \$25 Grades K-6 10:00-2:30 \$105**

### **Camp Broadway**

Broadway comes to Hanover this summer and you will be the star! Local drama teacher, theater director, and actress Natasha Burr will teach students 4<sup>th</sup> through 9<sup>th</sup> grades in two specialized acting camps. As a former NYC talent agent, film development associate for Oscar winner, Jon Voight, and production assistant for the ABC soap opera, “All My Children” she will bring her experience and passion to her acting program.

**Session 1: July 26<sup>th</sup>-August 6<sup>th</sup> 9:30-12:30 M-F \$205**

This session teaches students to audition, act, and perform in a show. Students will be directed in a short theatrical production that will be open to friends and family to attend on the final day of class.

**Session 2: August 9<sup>th</sup>-20<sup>th</sup> 9:30-1:00 M-F \$225**

This session provides students with the proper audition skills for theater, film, and television. This includes scene study, improvisation, monologues, and on-camera performances. This session will conclude with a showcase for friends and family to attend. A special BROADWAY GUEST will be visiting both sessions! Don't miss out on a summer of fun in the spotlight!!!

### **Field Hockey – Myrtle Field**

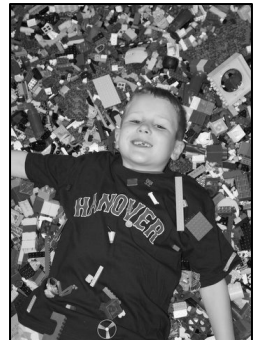
Hanover Park and Rec is proud to offer our Field Hockey program for the second year in a row. This program will teach the basic rules and develop essential skills. It is perfect for children who are currently enrolled in Teen Extreme. Cost-- \$90

Grades 5-8. Friday Mornings in July

Fridays in July 9:00 AM – 12:00 PM

### **Lego Days- Rec Center**

Children get to have fun playing with Legos and building cool things while Parents have fun with an afternoon to themselves. This program is designed for Elementary School aged children, but anyone can join. At the end of each day participants get to pick there favorite Lego piece, and take it home.(April and May days will take place at Town Hall) FULL DAY 8AM-2PM (Pizza Lunch)**Cost-** \$21 per day **Dates-** April 24<sup>th</sup> , May 15<sup>th</sup> , June 21<sup>st</sup> , July 6<sup>th</sup> , August 26<sup>th</sup>





For the fourth straight year, Ryan and Matthew Shea of the Division 1 Boston University Men's Soccer team will be hosting the Champion Soccer Camp. This camp aims to improve players' understanding of the game while helping them mature as both players and people. The camp will run for 6 weeks and will be divided into two sessions. Mon, Wed and Fri 4-6 pm

**Session 1:** June 14<sup>th</sup> – July 2<sup>nd</sup>    **Session 2:** July 5<sup>th</sup> – July 23<sup>rd</sup>

Price: \$180/session (7-9 and 10-12 age groups) and \$115/session (4-6 “Tots” age group)  
<http://www.wix.com/rshea8/Champion-Soccer-Camp>

A six (6) week course beginning May 5, 2010. Expose your children ages 4-6 and 6-8 as they develop scholarly skill to the Spanish language through enjoyable art, dancing, and story reading activities. This course is specifically designed to broaden your child's speech, writing and language abilities through interactive learning. Tuesday & Thursday  
Ages 4-6 4:15 p.m. Ages 6-8 4:50 p.m.

Come join Center/Sylvester School Wellness Education teacher Mr. Arena for a week of after camp sports enrichment. In this program children will participate in a variety of sports. Each day we will focus on a particular sport, starting with skill development and ending with a game. Participants are guaranteed to enjoy this unique program and leave with an overall better knowledge and skill of each sport played. Sports to be played may include but are not limited to: flag football, hockey, basketball, soccer, lacrosse, kickball, dodgeball, wiffleball, bocce and ultimate frisbee. 2:30-4:30 (Perfect addition to Park and Rec Camp) **\$60**

<b>Session 1</b>	July 12-July 16	<b>Session 2</b>	July 19-July 23
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**Session 3** July 26-July 30

Hanover Parks and Recreation is an approved 2010 Tennis in the Parks community and will resume its youth and adult tennis program. This program is a Monday through Thursday program for 3 weeks. **Cost-- \$90 per session**  
**Session 1: July 12<sup>th</sup> –30<sup>th</sup> Session 2: August 2<sup>nd</sup> – 20<sup>th</sup>**

**8:00 AM- Beginner (ages 6-8) 9:00 AM- Beginner (ages 9-12)**

**10:00 AM-** Advanced Beginner (9-12)

Hanover Parks and Recreation is introducing a Volleyball summer program for new players. This program will teach the basic rules and develop essential skills.

**Cost--** \$90      Grades 5-8

**August 23<sup>rd</sup> – 27<sup>th</sup> 9:00 AM – 12:00 PM**



# Teen Extreme

Teen Extreme is back after another great year and this year it is 3 weeks longer and double the capacity! This summer program is designed for Middle School students who are just leaving 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades. There are nine sessions that begin June 29<sup>th</sup> and end on August 28<sup>th</sup>.

<b>Monday</b>	9:30 AM-2:30 PM	Games, sports, crafts, etc.
<b>Tuesday</b>	Varies	Field Trip
<b>Wednesday</b>	9:30 AM- 2:30 PM	Games, sports, crafts, &PIZZA
<b>Thursday</b>	Varies	Field Trip

Week 1: Camp Paintball (June 29<sup>th</sup>) and Blue Hills (July 1<sup>st</sup>)

Week 2: Charles River Kayaking (July 6<sup>th</sup>) and Six Flags (July 8<sup>th</sup>)

Week 3: Fenway Tour (July 13<sup>th</sup>) and Carabiner's Climbing Wall (July 15<sup>th</sup>)

Week 4: Waterwizz (July 20<sup>th</sup>) and PawSox Game (July 21<sup>st</sup>)

Week 5: Lazer Gate (July 27<sup>th</sup>) and IMAX/Faneuil Hall (July 29<sup>th</sup>)

Week 6: Paw Sox Game (August 3<sup>rd</sup>) and Canobie Lake Park (August 5<sup>th</sup>)

Week 7: Charles River Kayaking (August 10<sup>th</sup>) and United Skates of America

Week 8: IMAX/Faneuil Hall (August 17<sup>th</sup>) and Canobie Lake Park (August 19<sup>th</sup>)

Week 9: Beach (August 24<sup>th</sup>) and Water Country (August 26<sup>th</sup>)

## \$110/week

Admission to the event, transportation, and supervision are included in the cost. Additional spending money for meals, etc. on various trips is recommended.

### REGISTRATION

Registrations are accepted on a first-paid, first served basis to Hanover residents. Check [www.hanover-ma.gov](http://www.hanover-ma.gov) for program updates.

⇒ **Please be aware this year, registration will be ONLINE starting February 8<sup>th</sup>.** If you do not have access to a computer/internet you are more than welcome to use a computer station set up in the Recreation Office.

**Drop Off Registration (if space is available)** will start February 22<sup>nd</sup> at 9AM at the Recreation Office (**All paper forms, including mail in registrations will NOT be opened until 2/22**)

**Refund Policy:** Full refunds will be issued if a program is full. Requests for refunds will be considered through April 15<sup>th</sup> with a \$20 processing fee. Request must be made in writing to the Parks and Recreation office with appropriate form. **After the 15<sup>th</sup> Refunds will NOT be issued, please consider personal vacations prior to registering your children**

## ALL WEEKS STILL OPEN

Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)

# KIDS KLUB

This program is designed for Pre-K children ages 3-5 years old who are looking to have a lot of fun this summer! This summer program will take place every week on Tuesdays and Thursdays at the Recreation Center (formerly the Council on Aging Building). Each day will start at 11AM with arts and crafts, followed by a 30 minute lunch (parents please provide). After lunch everyone will head outside to play some fun games and activities. Pick-up will be at 2:00. This camp will be supervised by 1 Camp Director as well as 3 camp counselors. Sign up for as many weeks as desired. \$25 per week.

**Week 1:** 6/29 & 7/1

**Week 2:** 7/6 & 7/9

**Week 3:** 7/13 & 7/15

**Week 4:** 7/20 & 7/22

**Week 5:** 7/27 & 7/29

**Week 6:** 8/3 & 8/5

**Week 7:** 8/10 & 8/12

**Week 8:** 8/17 & 8/19

**Week 9:** 8/24 & 8/26

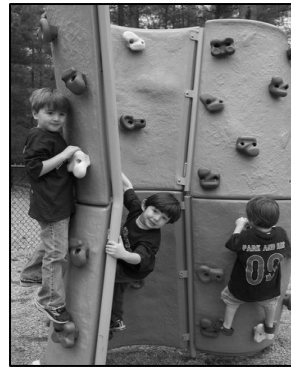
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## ALL WEEKS STILL OPEN

Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)

# After Camp Extension

The A.C.E. Program is designed for parents/guardians who are not capable of picking their children up the close of the Park and Rec Summer Program. This program will be supervised by an on-site director as well as some great counselors. A.C.E. Program participants will be dismissed from Park and Rec to the onsite director at 2:45. Depending on the weather, campers will either play outside in their groups or they will proceed over to Riley Hall at the First Congregational Church. Campers will have an opportunity to have a snack provided by Park and Rec at 3:30. Games and other fun activities will continue until the end of the day at 5:45PM. Parents can choose to pick their children up at any point between 2:45-5:45, however the cost of the program will remain the same.

Each session the A.C.E. Program will accept 40 participants on a first come first served basis. The cost of the program will be \$90 per session (2 weeks). Due to our limited size this program will only be offered to children who attend the Park and Rec camp.

## Kid's Nights out

### **Spring Party- Town Hall**

This party will help us celebrate the spring time and will officially be the last party held at the Town Hall before we move over to the Recreation Center. Parents also get some much deserved time off while their children are supervised by the great Park and Rec staff. May 21<sup>st</sup>

**Cost:** \$10

**Date:** 6:00-8:30PM

### **Rec Center Nights- Recreation Center**

4<sup>th</sup>-8<sup>th</sup> graders can spend some time with friends, play some games and have a great time. This is a fun and safe experience chaperoned by the Parks and Rec Staff. Rec Center nights will take place every Friday night from July 16<sup>th</sup> – August 20<sup>th</sup>. 8:00-10:00.

**Cost: \$13 without unlimited Pizza \$16 with unlimited pizza**

### **Middle School End of the Summer Dance- Recreation Center**

Come and Celebrate the end of the summer with the Teen Extreme Staff. This dance will accept a maximum of 30 registered Hanover Middle Schoolers. 8:00-10:00. **August 27<sup>th</sup>**

**Cost: \$10**

# Adult Programs

## **American Heart Association Heartsaver First Aid Class: Town Hall**

The Heartsaver First Aid course provides training in basic first aid procedures. This course will teach how to recognize an emergency and what to do. Learn assessments, interventions, and use of Universal Precautions that can be applied by a trained lay rescuer. Upon successful completion of this course the participant will receive an AHA Heartsaver First Aid card valid for (2) year.

**Cost:** \$40 per class

**Dates** June 1<sup>st</sup> or June 15<sup>th</sup> 6:00 to 9:00 PM

## **Basic Training Summer Outdoor Boot Camp AM Session— Myrtle Field**

This exercise camp is a wicked fun, no frills, eight week fitness intensive run by two local ACSM Certified Personal Trainers. This program is offers intensive and varied fitness training regardless of athletic ability or age. You will work to your full potential while receiving semi private individualized attention by two experienced accredited trainers. You will need to dig deep in order to push through intense cardio, plyometric, resistance, balance, and core conditioning circuit intervals regardless of your current fitness level. You will drastically improve stamina, cardiovascular endurance, strength, flexibility, balance and agility during your eight week transformation. ALL FITNESS LEVELS are encouraged to join. Whether you are a couch potato or a hard body each session will fly by while you work to your full potential enjoying inspiring music and exciting drills while being motivated, supported and coached individually. Bring water and wear a good pair of sneakers to each session. Sign up with a friend, leave your fancy workout gear and your egos at home, come with a positive attitude, bring your sense of humor, and prepare to work to YOUR full potential while having a BLAST! *Blue Collar Boot Camp offers no frills results for all walks of life!* Min # Participants 8

Please consult a physician prior to starting this or any other fitness program.

**Dates:** Monday and Wednesdays for 8 weeks from July 12-September 1<sup>st</sup>.

**Time:** 6:00 AM- 7:00 AM

**Cost:** \$140.00



Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)

### **Basic Training Summer Outdoor Boot Camp PM Session-** Myrtle Field

This exercise camp is a wicked fun, no frills, eight week fitness intensive run by two local ACSM Certified Personal Trainers. This program is offers intensive and varied fitness training regardless of athletic ability or age. You will work to your full potential while receiving semi private individualized attention by two experienced accredited trainers. You will need to dig deep in order to push through intense cardio, plyometric, resistance, balance, and core conditioning circuit intervals regardless of your current fitness level. You will drastically improve stamina, cardiovascular endurance, strength, flexibility, balance and agility during your eight week transformation. ALL FITNESS LEVELS are encouraged to join. Whether you are a couch potato or a hard body each session will fly by while you work to your full potential enjoying inspiring music and exciting drills while being motivated, supported and coached individually. Bring water and wear a good pair of sneakers to each session. Sign up with a friend, leave your fancy workout gear and your egos at home, come with a positive attitude, bring your sense of humor, and prepare to work to YOUR full potential while having a BLAST! *Blue Collar Boot Camp offers no frills results for all walks of life!*

Please consult a physician prior to starting this or any other fitness program.

**Dates:** Monday and Wednesdays for 8 weeks from July 12-September 1<sup>st</sup>.

**Time:** 6:00 AM- 7:00 AM **Cost:** \$140.00

### **Boot Camp' Circuit Exercise Sessions –** Back2Health, 291 Rockland Street, Hanover

If you're looking for a fun yet intense workout, these unique 30-minute sessions are just the ticket. Work your heart, lungs and muscles, while minimizing joint strain via safe and proper exercise technique. In order to maximize safety and results, *classes are limited to 5 people*. You are essentially receiving the same high quality instruction of a private training session, only performed in a group.

**Mon-Thurs 6 PM: Torso & Thigh Blast Sat 10:30 AM: Ab & Arm Assault**

\$120/4-weeks

\$300/12-weeks

Attendees are entitled to up to 2 sessions per week: one weeknight workout and one Saturday morning workout. It is not recommended that the weeknight workout be repeated until the following week. You will be contacted by someone from Back2Health to book your first workout.

### **Boating Basics-**Town Hall &Town Pier, Brant Rock.

This course covers basic boating safety concepts that you will need to know if you intend on participating in water sport activities. It has been designed by a former Assistant Harbormaster to provide information to boating beginners. This three week class will teach basics including "rules of the road", safety, trailering, and minor navigation. Class is designed for beginners **Cost-** \$75 **Class Dates-** May 5<sup>th</sup>, 12<sup>th</sup> 19<sup>th</sup> 6-8PM



### **CPR Training- Town Hall**

This course is **AHA certified** and offers a comprehensive program to train the individual and will also include training with the use of an AED (*Automated External Defibrillator*) Get your CPR certification in just one night.

**Class Fee:** \$50.00 per class

**Class Dates** May 12<sup>th</sup> or May 26<sup>th</sup> 6:00 to 9:00 PM

### **Estate Planning 101-Patrick J. Kelleher & Associates, P.C.**

**1415 Hanover Street, (Rte 139) Hanover, MA**

Unfortunately, confusion and myth abound when it comes to “estate planning.” Perhaps that is why so few people actually get around to making such plans at all. This 3 week course is taught by Hanover attorney and resident Patrick J. Kelleher, Esq. Patrick is a member of the National Network of Estate Planning Attorneys and has a passion for teaching people how to protect their loved ones and assets, as well as, how to pass on their family legacy (wisdom and values) to the generations to follow. Topics covered will be Wills vs. Trusts, Guardianship for minor children, Probate Avoidance, Disability Planning, Estate Tax Planning, how to pass on a ‘protected’ gift to your children in a Family Bloodline Trust, strategies to reduce legal fees and much more. This class is educational in nature and designed to help you better understand the Life & Estate planning process to protect your family and loved ones. Please contact Pat ([pat@myfamilylifeplan.com](mailto:pat@myfamilylifeplan.com)) with any questions. **Cost-**49 \$

Tuesday evening class: 6/8, 6/15 & 6/22 from 5:30-6:30 PM

Thursday afternoon class 6/10, 6/17 & 6/24 1:00-2:00 PM

Tuesday afternoon Class: 7/06, 7/13 & 7/20 from 1:00-2:00 PM

Tuesday evening class 8/10, 8/17 & 8/24 from 5:30-6:30 PM

Thursday afternoon class 8/12, 8/19 & 8/26 1:00-2:00 PM

### **Facebook Profile Night- Town Hall**

Parents bring your teens, teens bring your parents. This is sure to be a fun night for the whole family. Staff from Abbey Knoll Photography will be onsite to snap a new profile pic for you. But first, have your hair done by professional hairstylists. Complimentary appetizers and snacks will be provided by DoorKnock Dinner.

**Cost** is \$15 per person or \$25 per family. Town Hall, June 12th, 7-9pm. Space is limited.



Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)

### **Hanover Adult Boot Camp** Myrtle Field

Ryan and Matthew Shea, both soccer players on the Division 1 Boston University Men's Soccer team, will be hosting the Hanover Adult Boot Camp. This fitness program is designed for adults who find it hard to exercise on a regular basis due to work and family obligations. Adult Boot Camp will provide a comprehensive workout regiment centered on cardiovascular, resistance, and flexibility training. **Dates:** Monday, Wednesday and Fridays from 5:45am-6:45am and from 7:00am-8:00am for the following dates:

**Session 1:** May 10<sup>th</sup> - May 28<sup>th</sup> **Session 2:** May 31<sup>st</sup> - June 18<sup>th</sup>

**Session 3:** June 21<sup>st</sup> - July 9<sup>th</sup>

**Price:** The cost of each session is only **\$70.00**. However, you can receive session discounts by signing up for 2+ sessions at once. Each session includes 9 one hour workouts.

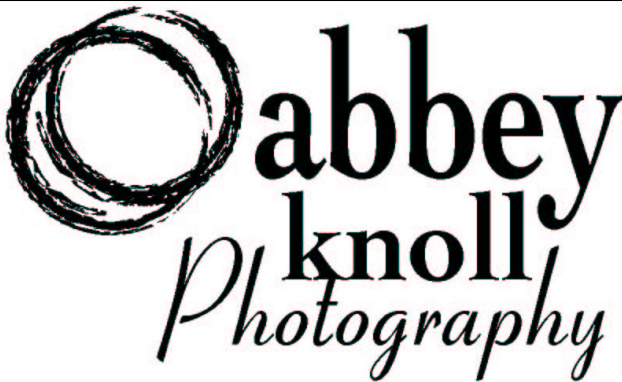
\*\*\*Go to the Hanover Adult Boot Camp's official website for full details including instructor profiles and sign -up information!

**<http://www.wix.com/rshea8/hanover-adult-boot-camp>**

### **Zumba- Hanover Boys Club**

If you haven't tried Zumba yet, come down to the Boys Club see what everyone has been talking about! Hanover resident Jen Lloyd runs this one hour-long cardiovascular workout that feels more like a night out at a Caribbean club. Anyone can learn these simple steps, which are set to a combination of Latin Music and other international blends. You'll burn calories, tighten up, and have such a great time you will forget you are working out. Grab a bunch of friends and join Jen for a fun night of fitness. \$65 for the 8-week session (or \$10 to drop-in) – please make checks payable to Hanover Parks & Recreation. 7:30-8:30

**Summer Session:** July 6<sup>th</sup> – August 24<sup>th</sup>



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HANOVER'S HOMETOWN PHOTOGRAPHER

Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)



# TRIPS

## **Foxwoods Casino**

Depart onboard our luxury coach bus and head to Foxwoods in Connecticut. You will be treated to a free buffet dinner at the Resort. We will provide you with \$29.68 Casino Bonus and \$15 for Keno.

Bus leaves at 7:30 AM from the Town Hall

**Tour Cost \$25    Date:** May 19<sup>th</sup> or July 18<sup>th</sup>

## **New York City-**

This trip we are going to make a special stop for the American Girl Doll Place in New York City. If dolls aren't your thing, don't worry there still a whole city to explore. You can spend the day sightseeing, or visit New York's world class museums. Trip will depart from Recreation Center parking lot at 6:30AM

**Tour Cost-** \$55 per person    **Date-** September 1<sup>st</sup>

## **Pioneer Adventures of the Old West**

Howdy Partner! This tour is great for families - that's why we call it a family experience! Montezuma's Castle, the Grand canyon railway, Lake Powell - the kids will love it all while you enjoy the fact that Trafalgar Tours takes care of everything for you! National Parks include Zion, Bryce Canyon and Grand Canyon. **July & August departures    8 day tour from \$1525 p.p./dbl**  
Highlights: Phoenix + Scottsdale + Grand Canyon National Park + Lake Powell + Bryce Canyon National Park + Las Vegas

## **Best of the Canyonlands**

Encounter unusual rock sculptures and gaping canyons of Arizona and Utah, and explore the deserted cliff dwellings left by the Pueblo people.

**July & August departures    7 day tour from \$1150 p.p./dbl**

Highlights: Denver + Arches National Park + Mesa Verde + Monument Valley + Grand Canyon + Las Vegas    **SAVE \$100 IF YOU RESERVE BY 4/30/10!**

## **The Trailblazer**

Blazing trails here we come! Oak Creek Canyon's stunning natural beauty, Lake Powell and the Grand Canyon. Zion and Bryce National Parks, Vegas and Route 66! **July & August departures    8 day tour from \$1225 p.p./dbl**

Highlights: Las Vegas + Route 66 + Montezuma Castle + Sedona + Oak Creek Canyon + Grand Canyon + Lake Powell + Zion National Park + Bryce Canyon + Las Vegas

Call Susan Desmarais at TZELL TRAVEL – 508.577.1953 for information on these Trafalgar Tours

Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)

# Community-wide notices

**Hanover Day is June 26<sup>th</sup> at B. Everett Hall Field  
10:00-4:00  
Outdoor movie to follow**

## **COMMUNITY PRESERVATION**

### **Preserving the Quality of Life in Hanover**

The community preservation Act (CPA) helps communities preserve open space and historic sites, and create community house and recreational facilities.

Hanover adopted the CPA in 2005

Hanover has received \$1,748,713 in State Match since 2005 Some of the Projects funded by CPA

King Street Property Purchase- \$1,430,000  
King Street Recreation Fields - \$2,500,000- Starting  
Sylvester School Tiling and Asbestos Abatement- \$275,000  
John Curtis Free Library- \$10,260 Column restoration  
Parks and Recreation Facilities Master Plan- \$35,000  
Trail Improvements- \$13,410

Stetson House Cobbler Shop Roof - \$1,250

533 Center St \$700,000- 9 acre Open Space Parcel

For more information contact the Community Preservation Committee at [communitypreservation@hanover-ma.gov](mailto:communitypreservation@hanover-ma.gov) or call Margaret Hoffman, Community Preservation Coordinator at 781-826-7730

## **CONSERVATION COMMISSION**

Did you know? That Hanover has special places to go and walk, picnic and see nature. Well here is a list of Conservation Parcels with trails and neat places to see. Please call us at the Conservation Office for directions. 781-826-6505

The Colby Phillips Parcel- 128 acres off of King Street

Luddam's Ford Park- 19.5 acres off of Elm Street

The Clark Bog Parcel-70 acres off of King Street

The Summer Street Parcel- 70 acres off of Summer Street

The Nick Tedeschi Sanctuary- 16.8 acres off of King Street

The Fireworks site- 130 acres off of King Street

Hell Swamp!- 90 acres of wooded swamp off of Union Street  
Spring is Here!!! Finally we can all get out and clean up after the snow, salt, sand. We just want to remind you that cleanups are great and even better when the winter debris, leaves, and broken sticks are disposed of in the proper places. The DPW Ames Way Garage has just the right place to dispose of all your brush from winter breakage and Spring grass clippings



Register online at [www.Hanover-Ma.gov](http://www.Hanover-Ma.gov)

## **OPEN SPACE**

May 22nd, 9am at Luddam's Ford. Explore with a knowledgeable local guide this wonderful 4.5 mile trail loop that passes through Pembroke, Hanson and Hanover public trails. View pictures and descriptions of the expansive former industrial site located on the current park and fish ladder. The walk includes rugged terrain & challenging hills. Please wear shoes with good tread & support. Please park on the Hanover side of the property.

June 19th, 9am at the Bog Iron trails between Broadway, Willow Street and Hanover Street. Join the open space group to understand the role of these local iron bogs played in Hanover's industrial past. Park at B. Everett Hall Field (Sylvester) parking lot for a 2 hour guided tour of these little known trails. Guides will point out other access points throughout the walk.

July 10<sup>th</sup>, 9am at Luddam's Ford Boat Launch. Join us for a casual family paddle up the Indian River to the dam at Project Dale on Water Street. Attendees can stay and explore around the pond. Please bring/apply DEET bug spray prior to the ride. All participants must wear a PFC. Event limited to 15 boats.

The Hanover OSC was chartered to ensure that the town's rural character is maintained and enhanced both through protection of existing resources and acquisition of new properties.

It is responsible for planning and facilitating the improvement of open space, enhancing access to open space, and raising awareness of land use issues. The OSC is also interested in protecting land that is environmentally sensitive, could be used for passive recreation, or is important for conserving the look and feel of the town. Our goal is to retain the natural beauty and heritage of the town we live in, and love.

Stay informed about activities and volunteer opportunities: you can find us on Facebook: Hanover Open Space, the web: <http://www.hanover-ma.gov/open-space.shtml>, or join our Yahoo Group: HanoverOpenSpace. In addition, the OSC wants for input from the equestrian community in town. Please let us know if you can contribute your specialized knowledge and needs to our volunteer committee.

We would also like to hear from you if you are simply interested in more information on the work of the Committee. The Open Space Committee meets regularly on the 1st Monday of each month at 7:30 pm at Hanover Town Hall.

## **Play Soccer**

Come join the town of Hanover, as we join together to bring the community closer in playing soccer so that war-affected children and youth can too. Part of OA Projects, Play Soccer So They Can: Hanover, will take place on Saturday June 19 at Myrtle Field. OA Projects has partnered with local organizations that use soccer to rebuild their war-affected communities. The day will be held to not only join our community but also raise awareness and funds that would directly benefit the children being affected by war in their own hometowns. This day will be centered on benefiting others, raising awareness of this cause will and will greatly impact the youth and those affected to build a better future for their community. Please come out and support a day filled with the simple game of soccer that can go a long way.

### **Town Clerk**

All Dogs must have a 2010 license. The fee is \$5 for spayed or neutered dogs and \$10 if not. The deadline is April 30<sup>th</sup>. Late fee is \$10  
Town Meeting – May 3<sup>rd</sup>                      Town-Elections May 9<sup>th</sup>

### **Department of Public Works**

The spring fertilization for the Town fields is scheduled for April 17<sup>th</sup>. The fields will remain closed until Monday, April 20<sup>th</sup>.

## **FAQ**

### **Where do programs meet?**

Class locations differ. If you refer to the program guide the location of the class is next to the name. If the class takes place at the Town Hall, please use the side door to enter the main conference room.

### **Where is the Hanover Recreation Department's Office?**

Currently we are located in the basement of the Hanover Town Hall next to the Town Clerk's office, However, we are moving into the current Senior Center on Circuit Street when they move to their new building

### **In situations of inclement weather, how will I know if a class/program has been cancelled?**

Programs that take place at Hanover schools are cancelled when schools are closed because of weather. Programs that take place at sites other than Hanover schools **may not** be closed when schools are closed, so please call the Recreation Office at 781-826-PLAY. (This number may change when we move into our new building)

### **What is your refund policy?**

The Hanover Parks and Recreation Department's maintains a **NO** refund policy unless a program is cancelled or postponed. Please consider your plans before signing up for a program as refunds will no longer be issued.

